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CHRIS HEMSWORTH'S TRAINER GIVES YOU SUPERHERO TIPS. PAGE 19

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Tom Mison discusses his 'Hollow' success

PAGE 13

Invent a new job at your dream company

PAGE 23

Eagles rout beat-up Packers, reach .500

PAGE 25

Revolutionary. Four University of Pennsylvania students have designed the Titan Arm, a robotic exoskeleton device that helps build muscle and could transform physical therapy.

Top honors. The group became the first U.S. team to win the James Dyson Award for engineering and design. **Not stopping there.** The $45,000 award will go a long way. PAGE 02

UP IN ARMS

UPenn students Elizabeth Beattie, Nick McGill, Nick Parrotta and Niko Vladimirov, not pictured, created the Titan Arm. And it just may be the next big thing in physical therapy. / CHARLES MOSTOLLER, METRO

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1
NEWS
Top 3
What's trending at Metro.us
1 'Anthony Davis stripped naked, spanked in locker room'
2 'VIDEO: Makeover transforms homeless vet's outlook'
3 'VIDEO: Man records life in one-second shots'
Quoted
"This was the same field [Vince] Lombardi coached on. Pretty neat, and a lot neater with the win."
Eagles head coach Chip Kelly on his first game at Lambeau Field

Robot revolution: Group invents therapy device

Titan Arm. Four UPenn students win an international award for their work on a robotic exoskeleton device.

It started as a brainchild with four University of Pennsylvania students, and now it could revolutionize the medical and engineering fields.

It's the Titan Arm, a robotic exoskeleton device that helps strengthen and rebuild muscles, and it won the foursome a 2013 James Dyson Award, making them the first U.S. group to win the honor.

Their $45,000 prize will go a long way.

"We're eager to push it forward and do more with it," said team member Elizabeth Beattie.

Big plans

With the money, Beattie said the group has high hopes.

- "Instead of the user directly controlling the arm, [it would be] able to sense changes in muscle activity using skin patches to measure electro signals that would activate it."

Quoted

"We wanted Titan Arm to be affordable, as exoskeletons are rarely covered by health insurance. This informed our design decisions and the materials we used." Parrotta

She, along with Nick McGill, Nick Parrotta and Niko Vladimirov began work on the arm as their senior project about a year ago.

The mechanical engineering students also used their robotic and design skills to develop the prototype, which Dyson officials say costs significantly less to make than similar exoskeletons.

It didn't take the group too long to come up with a product they were satisfied with.

"It was pretty exciting," McGill said. "It was just a feat of engineering accomplishment. You work really hard and oftentimes you don't get such a satisfying end product. That's what really generated our excitement."

The device is battery-operated, with a remote control, and attaches to a person's arm allowing him or her to rehab after suffering injuries.

Group member Vladimirov is working on the West Coast but is still heavily involved in the project; McGill said Vladimirov has made contacts there to help the group better develop and market their product.

They had learned of the Dyson Award, given to young engineers and designers through the James Dyson Foundation, by one of their professors. They were chosen as recipients from 650 groups in 18 countries worldwide.

CHRISTINA PACIOLLA
christina.paciolla@metro.us

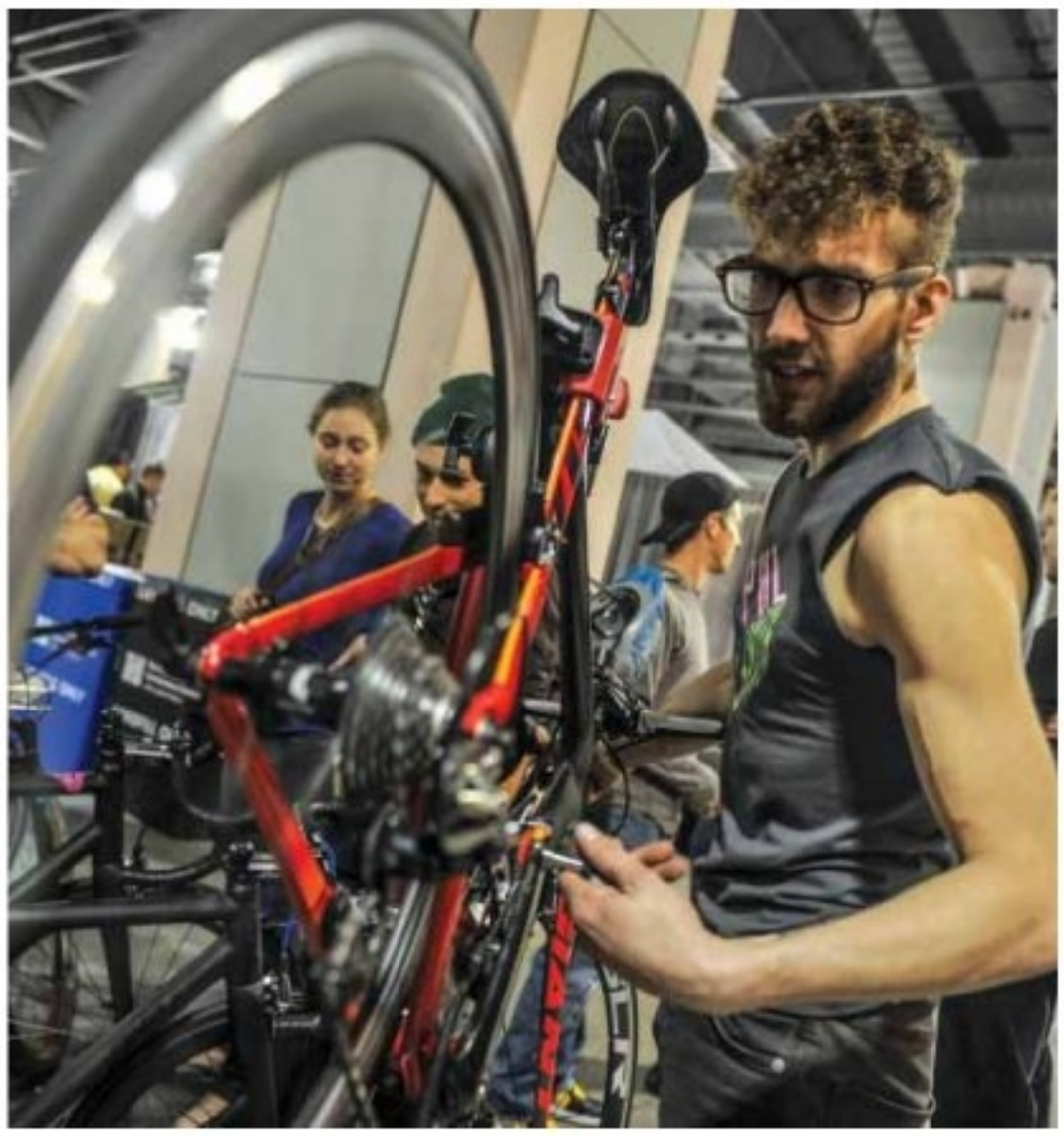
In motion

Who can use the device?

McGill said the Titan Arm is aimed at users in physical therapy as well as occupational lifting. "We could add something of value to warehouse workers — they run into a lot of stress and strain in their jobs."

The group has already been contacted by interested folk.

"A woman on the West Coast suffered from an injury and now she doesn't have the strength to hold a cast iron pan," Beattie said. "It's driven our ideas and how we can hone in ... and really design them to meet the user's need."



Bike Expo helps thousands get in gear

Sam Clarke from Philly Bike Smith works with a carbon-fiber road bike at the Philly Bike Expo on Sunday at the Convention Center. The two-day event featured several bike events, talks, demos and more. / CHARLES MOSTOLLER, METRO

Insta-rats. Instagram account exposes protected witnesses

Anonymous Instagram account @rats215 that named witnesses to violent crimes in an attempt to "expose rats," is believed to be the work of a 17-year-old, reports say.

The Philadelphia Inquirer reported on Friday that an account on the social media photo-sharing website identified about 30 witnesses with posted pictures, police statements and testimony.

On Saturday, the newspaper reported that police officials were preparing a warrant for the teenager's arrest. The teen was not identified.

Officials are still unsure how the information was obtained, since most of it is not made public.

Also, names of witnesses are not typically included in court-record filings.

The account boasted almost 8,000 followers before it was shut down last week, the newspaper reported. METRO

Accident

Porsche goes airborne

A man, 33, was speeding down North Broad Street just before 8 a.m. Sunday when he attempted a left turn onto Cayuga Street and hit a concrete barrier.

His 2012 Porsche Cayenne went airborne, broke through a safety fence and landed tires up on the southbound side of Roosevelt Boulevard.

The driver on Sunday was listed as still in critical condition. METRO

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PPA to relax some two-wheeler rules in '14

Changes. The Philadelphia Parking Authority may cut less tickets starting next year.

Starting on Jan. 6, motorcycle and scooter riders will get a reprieve from some of the Philadelphia Parking Authority's rules.

They announced some restrictions will be lifted and relaxed to accommodate the growing number of Center City riders.

The new initiative, dubbed "New Parking Options," includes virtual parking permits, lock-up racks and specified zones.

Virtual parking permits include a $120 quarterly pass for specific parking zones. Once a rider purchases a permit, it will be added to the driver's online account. If the rider's license plate is scanned by any parking enforcement officer, the permit will prevent a ticket from printing.

The PPA will also offer a $5 daily pass at certain parking stations.

The lock-up racks, dubbed "parking corrals," are planned for installation in the spring. The addition of motorcycle and scooter parking zones are still in the works, and the PPA encourages riders to offer suggestions.

TOMMY ROWAN
tommy.rowan@metro.us

Contact

The Philadelphia Parking Authority has asked for the public's input and suggestions on ways to improve and accommodate scooter and motorcycle parking in the city.

- The authority asked residents to "please communicate with the PPA via our Facebook page and on Twitter @PhilaParking and give us your comments, suggestions and ideas on how we can improve service."

Critical condition

Man, 19, shot near Temple University

A 19-year-old man is in critical condition after he was shot in the back Saturday night just blocks away from Temple University's main campus, police said.

The man, who has not been identified, is not thought to be a student, according to an alert sent from the university. The shooting occurred around 11 p.m. on the 1000 block of West Norris Street. METRO

Northeast Philly

Priest resigns amid allegations

Rev. John P. Paul, pastor of Our Lady of Calvary Parish since 2000, resigned and moved out of the parish's rectory, according to a memo on its website.

Paul, who was recently accused of sexually abusing minors 45 years ago, said he voluntarily resigned "so that the best interest of the parish could be served," according to the memo. METRO

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Prepping for Veterans Day

Jim Moran, custodian at the Korean and Vietnam veterans memorials, sweeps in preparation for Veterans Day at the Korean War Veterans Memorial over the weekend.

CHARLES MOSTOLLER, METRO

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Children send wish lists to Santa for Tony's Metro Magic

Tony Metcalf, late editor-in-chief of Metro, with his daughter Freya. / COURTESY OF LESLIE CAIN-METCALF

Giving spirit. Kids ask for Elmo dolls, Legos and gifts for their mothers this holiday season.

What to give

Metro is collecting new, unwrapped gifts, not clothes.

- Things like action figures, dolls, board games and sports toys, like a football, are always good.
- And don't forget about older children, ages 11 and up. Older children would love to receive an MP3 player, a makeup kit or a poster from their favorite movie this year.
- Spending $10 or $20 on a toy or two for a needy child can make a big difference.

Let us know!

If you donate, email us at charity@metro.us letting us know what you gave and we'll shout out a "thank you" in the paper.

Santa Claus has delivered to our offices the first letters he received from kids living in shelters to become part of Tony's Metro Magic.

The annual holiday toy drive is done in conjunction with Toys for Tots and the U.S. Marines. It was formerly overseen by our beloved editor-in-chief, Tony Metcalf. He passed away in June from cancer at age 50. Metro Magic was an initiative that he held dear to his heart, and we've renamed the event in his honor.

"Tony loved kids. He saw them all as innocents. He believed all children, no matter what the circumstances, deserved a childhood," Leslie Cain-Metcalf said of her late husband. "He loved Christmas, too. As the shops fill here with decorations and trees, I wonder how I will get through my first Christmas without him — and more importantly, how I will ever fill his shoes and love of Christmas for our kids. For him to be able to carry on doing so through Metro would have been a massive honor for him."

The letters that Santa dropped off request a wide variety of gifts, at all prices, for kids who might not otherwise have a holiday.

"Dear Santa, I will take anything you can give me. I would like a big Elmo so I won't be alone in the shelter," one child wrote.

Legos were something that a lot of children asked for. "I would like Legos, please. Lots of them. Thank you, Tom."

Several kids asked for gifts for their mothers instead of themselves. "Santa, I want my mom to be healthy this year. I am OK," Wanda, 10, wrote.

Help us give these needy children a happy holiday season. METRO

How to take part

1 Look for the Tony's Metro Magic logo on our website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com.

3 Once there, you can see all the toys we've already requested for kids, and more are being added daily. Simply select the toys you want and purchase them. Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices.

Rep. Cory Gardner, R-Colo., uses an ad for a parody website to mock the rollout of the Affordable Care Act during the testimony of Kathleen Sebelius before a House Energy and Commerce Committee hearing on the failures of the enrollment website. / GETTY IMAGES

Early data to show how many still waiting to enroll

Administration. They are racing to make the website work smoothly by November's end.

The Obama administration will release health-care enrollment numbers for Obamacare's rocky October rollout this week that could be more important for what they fail to say, than for what they do.

President Barack Obama's Democratic administration, which is under intense pressure from Republicans to release the data, has signaled that the total will be low after weeks of technical problems with the federal website, HealthCare.gov.

But that will only underscore the huge number of people believed to be waiting for a chance to obtain benefits, according to policy experts and congressional aides.

The Affordable Care Act mandates that most Americans at least be enrolled for health insurance by March 31 or pay a fine. REUTERS

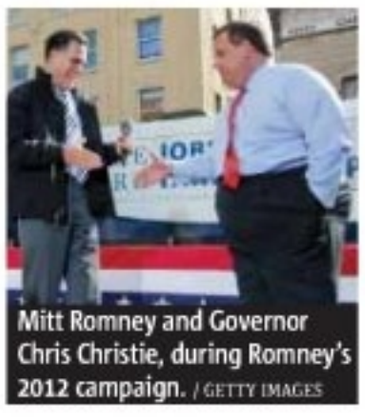
Data will indicate

- Analysts say the October number should offer an early indication of whether Obama's landmark health initiative is proving more popular with poor people who qualify for Medicaid or with working-class families eligible for subsidized private insurance through new online marketplaces that have been set up in all 50 states.

Moderate. New Jersey Gov. Christie hedges on serving out full term

Newly re-elected New Jersey Governor Chris Christie, widely considered a potential Republican presidential candidate in 2016, on Sunday declined to say whether he would serve out his full four-year term rather than run.

Asked by interviewer George Stephanopoulos on ABC's "This Week" whether he would complete his current term, Christie replied: "Listen, who knows. I don't know. I'm going to continue to do my job and finish the job.


Mitt Romney and Governor Chris Christie, during Romney's 2012 campaign. / GETTY IMAGES

But ... I didn't expect to be sitting here four years ago, George. So, nobody can make those predictions." REUTERS

Quoted

"I think the national solution has to ... be figured out by the people who are in charge of our national government. My job is to fix what's going on in New Jersey."

Christie
When sked by Stephanopoulos if he considered that immigration reform should include a path to citizenship and reduced in-state college tuition for some illegal immigrants.

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Security concerns.
Los Angeles schools slow rollout of iPads

The Los Angeles school district is putting the brakes on a project to give an iPad to each student, a $1 billion initiative that is the largest rollout of its kind in the nation and has been plagued by students hacking the devices' security features.

District officials have already provided their devices to over 25,000 students, and under their original plan would have finished distributing tablets to the last of its 650,000 students in late 2014.

In a high-profile setback, some 300 teenagers found a way to bypass security protocols on their iPads earlier this year to access Twitter and other sites the district seeks to block. REUTERS

Gun violence

Two killed, 22 hurt in shooting at large Houston house party

Two people were killed and at least 22 others injured in Texas when gunfire broke out late on Saturday night at what was described as a "massive house party" in the suburbs of Houston, the sheriff's office said on Sunday.

More than 100 people had been inside the home in the middle-class suburban neighborhood of Cypress when the shooting erupted at about 11 p.m. on Saturday night, the Harris County Sheriff's Office said in a statement. REUTERS

Apple works to create curved iPhone screens

Apple's testing and development of new materials follows its history of working with suppliers to produce technologies that can enhance device functions. / GETTY IMAGES

Working on it. New, pressure-sensitive sensors are also in development for subsequent models.

Apple Inc. is developing new iPhone designs, including bigger screens with curved glass and enhanced sensors that can detect different levels of pressure, said a person familiar with the plans.

Two models planned for release in the second half of next year would feature larger displays with glass that curves downward at the edges, said the person, declining to be identified because the details aren't public. Sensors that can distinguish heavy or light touches on the screen may be incorporated into subsequent models, the person said.

With screens of 4.7 inches and 5.5 inches, the two new models would be Apple's largest iPhones, the person said, and would approach in size the 5.7-inch Galaxy Note 3 that Samsung Electronics Co. debuted in September. The South Korean maker last month released its curved-screen Galaxy Round, the latest phone in an array of sizes and price points that's helping keep Samsung ahead of Apple in global market share. BLOOMBERG

Furnaces

$578M

Merrimack, New Hampshire-based GT Advanced Technologies said Apple will prepay $578 million for furnaces to make sapphire materials used in smartphones, with the iPhone maker getting some exclusive rights.

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Party divided

Palin tells Iowa conservatives it's time 'to stiffen our backs'

Former Alaska Gov. Sarah Palin, who rallied members of the Tea Party in their failed effort to defund Obamacare, lashed out on Saturday against members of the Republican Party who agreed to end the government shutdown.

The 2008 Republican vice presidential nominee's comments during a speech in Des Moines come at a time of division within the party over the strategy conservative members of Congress adopted in forcing a 16-day shutdown of the federal government last month.

Polls have shown voters blamed Republicans for the shutdown. REUTERS

Senator to block Obama's nominations over Benghazi

GOP. Several Republicans have threatened to put holds on Yellen's nomination.

Republicans in Congress have said the assault on the mission and the death of Ambassador Christopher Stevens show the Obama administration has failed to maintain security at foreign posts. / GETTY IMAGES

Republican Sen. Lindsey Graham on Sunday said he will try to block White House nominations for key jobs until he gets more information on last year's attack on the U.S. mission in Benghazi, even after a TV network pulled back from a story on the attack that Graham had cited.

Graham has threatened to block President Barack Obama's nominations of Janet Yellen to head the Federal Reserve and Jeh Johnson to head the Department of Homeland Security until the administration provides more information on how the attack occurred.

CBS news magazine "60 Minutes" on Friday said it would correct an October report on the September 11, 2012, assault on the U.S. diplomatic mission in Benghazi, Libya, saying that a source who told the program that he had been present at the scene gave conflicting testimony to the FBI.

Graham had cited the report as evidence that the mission did not have adequate security. REUTERS

Quoted

"My request has been going on for a year, to talk to the five survivors of the State Department."

Graham
On CNN's "State of the Union"

Nomination

Yellen to prevail over Fed critics at Senate hearing

Janet Yellen will be forced to defend the Federal Reserve's ultra-easy monetary policy when she faces senators later this week, but critics have little hope of sinking her nomination.

Nominated by President Obama to succeed Fed Chairman Ben Bernanke, Yellen will have to endure plenty of heated anti-Fed rhetoric from Republicans on Thursday, when she appears before the Senate Banking Committee. REUTERS

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American church

US bishops to select leaders as pope urges new focus

U.S. Catholic bishops will choose new leaders at an assembly in Baltimore this week and possibly signal a new direction for the American church under the influence of Pope Francis.

The conference begins Monday and all eyes will be on whether the new leaders of the U.S. Conference of Catholic Bishops continue vigorous opposition to gay marriage and to Obamacare's contraceptive mandate, or increase their push to help the poor and immigrants given Pope Francis' emphasis on social justice issues.

The new leaders also will be preparing for an "extraordinary synod" of bishops in Rome to discuss teachings related to the family. REUTERS

Survivors 'walk like zombies' after typhoon kills 10,000

Strong. Sustained winds reached 195 mph with wind gusts up to 235 mph recorded.

People walk among debris and destroyed houses in Palo, on the eastern island of Leyte on Sunday. / GETTY IMAGES

One of the most powerful storms ever recorded killed at least 10,000 people in the central Philippines, a senior police official said on Sunday, with huge waves sweeping away coastal villages and devastating one of the main cities in the region.

Super typhoon Haiyan destroyed about 70 to 80 percent of structures in its path as it tore through Leyte province on Friday, said police chief superintendent Elmer Soria, before weakening and heading west for Vietnam.

As rescue workers struggled to reach ravaged villages along the coast, where the death toll is as yet unknown, survivors foraged for food or searched for lost loved ones.

"People are walking like zombies looking for food," said Jenny Chu, a medical student in Leyte. "It's like a movie."

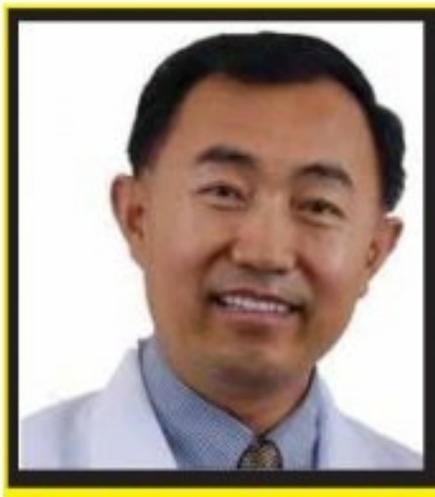
Most of the deaths appear to have been caused by surging sea water strewn with debris that many said resembled a tsunami, leveling houses and drowning hundreds of people in one of the worst disasters to hit the typhoon-prone Southeast Asian nation.

The national government and disaster agency have not confirmed the latest estimate of deaths, a sharp increase from initial estimates on Saturday of at least 1,200 killed by a storm. REUTERS

Samar

300

About 300 people died in the neighboring Samar province, where Haiyan first hit land on Friday as a category 5 typhoon, with 2,000 missing, said a provincial disaster agency official.



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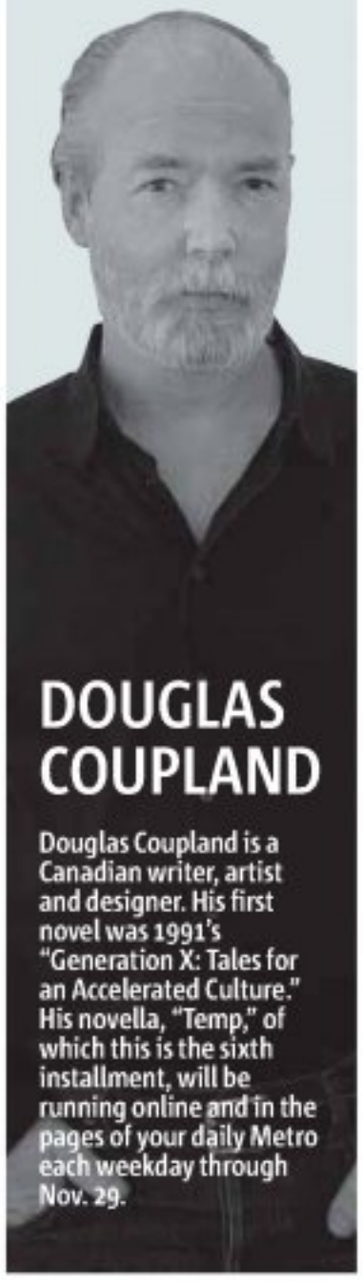

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the sixth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 6: Temp contemplates the remains of Detroit

My weekend was a social flop. I mostly helped my sister paint her basement suite yellow, while my scheduled meeting with Mr. Shoeman was called off at the last minute when his boss phoned with a pair of cage-boxing tickets at the Civic Arena.

Sometimes a girl has to know when to admit defeat.

Monday morning Amy dropped me off at work just in time to see a tow truck drag away the charred husk of Kevin Taylor's prized 1968 Shelby GT 500 that was carbecued in Friday's warehouse mess.

Kyle rolled up just as Amy dropped me off. It was so sad, like watching a beached dead whale being dragged out to sea to be dynamited into chunks.

"Detroit peaked with that car," said Kyle. "Motown's high-water mark." He gave it a salute.

Amy said, "Look at how small it is — I mean, compared to my car."

We compared and she was right; her 2010 Hyundai Elantra is almost the exact same volume as a big-ass 1960s Mustang — and yet we think of modern cars as kind of like photocopiers on wheels while the Mustang … that's a car.

Kyle asked what the car was doing in the warehouse anyway. I said, "Kyle, can you keep a secret?"

"Sure. What's up?"

"Kevin Taylor was going to sell that car to pay for his wife's casino gambling addiction."

"Seriously?"

"Seriously. A hundred and 20 grand. I accidentally overheard a speakerphone call."

"Poor guy. My stepdad blew a $25,000 whiplash claim check all in one weekend."

Kevin Taylor's GT 500 lives on in Shannon's memory. / GETTY IMAGES

He paused. "So, are you going to see Kung Fu guy again?"

"Kyle! That is so incredibly ever-so-slightly racist — and even if I was, what's it to you?"

"Just curious. What do you guys talk about — terra-cotta warriors? Gong Li movies?"

"Kyle, this conversation is over."

"So there is something going on."

I sighed. "We're, um, working on a project together."

"A project."

"You make it sound dirty. We're working on a platonic business venture. He is a nice conservative Chinese guy."

"OK. Don't tell me then."

"When do you find out if you got your refinery job?"

"Maybe this week."

"Is that a delivery for TKW you're holding?"

"It is."

I took it from him. "Thank you." I sauntered into the building purposefully whistling like someone trying to be mysterious. Inside the door I saw Sarah No. 1 waiting for me. What a way to start the week.

"Hello, Sarah."

"Hello, Shannon."

I remembered my pledge to be nicer to the office's remaining Sarahs. "Can I help you with anything?"

"Shannon, can I take you out to lunch today?"

Talk about a surprise. "Seriously?"

"Yes. Seriously."

Life is strange. "OK."

"See you here at noon."

"Deal."

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Cameron Diaz is getting the hang of Twitter, Whitney Cummings is feeling left out, Paris Hilton is making another album and Sarah Silverman is focusing on self-improvement.

@CameronDiaz: I JUST got a super cool new app called Twitter. Twelloooo!!!

@WhitneyCummings: Twitter is great for seeing who of your friends is awake but hasn't texted you yet

@ParisHilton: Another fun and creative night in the studio. So excited about these new songs!

@SarahKSilverman: I'd like to say LIKE less

1 Raisman: Don't judge the 'DWTS' athletes

Gymnast Aly Raisman, who captured the gold at last year's Summer Olympics before catapulting into a stint on "Dancing With the Stars," says that gymnasts and other athletes do not have an unfair advantage over other contestants on the hit ABC show.

"Dancing is so different than doing floor routine — your priority [there] is tumbling, and then out there it's dancing with your partner and being in sync with them," says the pint-size powerhouse, who was on-hand to open the 92 St. Y's new skyline gymnastics studio in New York on Sunday. "Gymnastics has nothing to do with cha-cha, rumba or samba — it's the exact opposite."

And just because she's an athlete doesn't mean she's not a klutz like the rest of us. "People think we're coordinated because we twist, we do all this stuff, but we're really not," she adds. "We just trip and fall all the time; we're so clumsy sometimes."

Raisman says she has been following this season, watching it on YouTube because she's practicing when it airs at night. She's mum on which celebs she thinks will make it to the finals, but there is one pro whom she's confident could capture the trophy.

"I feel like Derek [Hough] is in his own league — he's amazing," she says. "He's won three times and he's been in the finals a bunch of times, so I think he's definitely one to watch." MEREDITH ENGEL

Mackie busted for DWI this weekend

Actor Anthony Mackie was arrested in New York City for driving while intoxicated over the weekend, according to TMZ. Mackie, who will play The Falcon in the upcoming Captain America film, was initially pulled over because of the tinting on his car's windows, but when police noticed alcohol on his breath and bloodshot eyes they conducted several field sobriety tests, which he reportedly failed. He refused to take a blood-alcohol test and had his license suspended.

GETTY

When Fonda met Lawrence

Talk about blond ambition: Jane Fonda and Jennifer Lawrence, sporting her new Kate Gosselin cut, posed together at the reception for An Evening With David O. Russell, a special tribute during AFI Fest 2013, in Hollywood on Friday. The event, which celebrated Russell's contribution to film, showed off the first six minutes of his new film, "American Hustle," which stars Lawrence, Christian Bale and Bradley Cooper.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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3 Simpson returns to Weight Watchers

A long time ago, Jessica Simpson was paid $3 million to say she lost her baby weight from daughter Maxwell thanks to Weight Watchers. A few commercials came out, she did drop some pounds, but then — boom! — she became pregnant again with the fetus who would become son Ace Knute, thus putting the deal on hold.

But now the points are back to being counted, friends! "We were thrilled to welcome Jessica back on the Weight Watchers program in August," a company spokesperson confirms to omg!. "With a toddler on the run and an infant to look after, we know she needs a plan that's simple and fits into her life along with the support that's so important to moms with young children."

Jessica Simpson tweeted this photo from a Weight Watchers shoot on Friday. / TWITTER

So, great. Expect commercials that lie and say that all it took for Jessica Simpson to lose her baby weight is counting points and "running after her children" — that old celebrity chestnut — to saturate our TV stations soon.

TV. "Sleepy Hollow" star Tom Mison talks Ichabod Crane and riling up romance.

A REAL SLEEPER HIT HERE

Tune in to "Sleepy Hollow" on Monday nights at 9 p.m. on Fox. / FOX

Hold on to your heads! Fox's "Sleepy Hollow" has been picked up for a second season.

The show, a sort of modern-day retelling of Washington Irving's "The Legend of Sleepy Hollow," follows the resurrection of Ichabod Crane in a very unfamiliar modern-day Sleepy Hollow. According to Tom Mison, who plays Crane, adjusting the character to the 21st century makes the role a challenge. But don't worry; he will soon change that 250-year-old outfit he wears.

"In terms of the character, he's a long way from home — 250 years away from home — so anything that he can hold on to from his time, I think he certainly will," Mison says of Crane's wardrobe. "Anytime you think of how much he stinks, just think of it as a big stinking security blanket that he carries around with him. That will be mentioned very, very soon; you'll see the question of clothes coming up."

Crane's struggles in coping with modern-day America, from outfits to OnStar, easily lend themselves to comedy. "The only way you can really sell the comedy is to play it as straight as the serious stuff," Mison says. "It also stops me from hamming it up."

Hamming it up is no easy feat for the prim and proper Crane. The calm character rarely lashes out. "He is a very intelligent and a very proper man," Mison says. "He knows that he's cleverer than everyone else, but his manners won't allow him to tell people to stop being stupid."

But we can expect a more reactionary Crane in episodes to come. "When things start to get very personal, when there are revelations that are personal attacks on Crane and his past, that's when the rules start to fly out of the window," Mison says. "He starts misbehaving a little bit more. I'm trying desperately not to throw spoilers at you."

Viewers learn about Crane's past through flashbacks to 1776 in each episode. American history references run parallel to a plot about stopping the murderous, resurrected Four Horsemen of the Apocalypse, regardless of whether or not viewers would deem this storyline plausible.

What fans are hoping is plausible is a romance between Ichabod Crane and Lt. Abbie Mills (Nicole Beharie), the young cop helping him stop evil.

Mison, however, is not spilling any details.

"I think there is certainly something magic between Ichabod and Abbie; they're forced together whether they want to be or not," Mison says. "They certainly have a connection, and if anything were to happen between them it would certainly be fiery."

ANISA ARSENAULT
letters@metro.us

Offscreen dynamic

More than run-of-the-Mills

Mison says he and Beharie have a great dynamic off-camera. "We like to explore scenes as a team, and yes, she's as wonderful offscreen as she is on," he says. "I'll look back on this job and hold it in really high regard a bit largely thanks to Nicole, and my coat and boots, obviously."

Quoted

"I think there is certainly something magic between Ichabod and Abbie; they're forced together whether they want to be or not. They certainly have a connection, and if anything were to happen between them it would certainly be fiery."

Mison, on the relationship between his character, Ichabod Crane, and Nicole Beharie's Lt. Abbie Mills on "Sleep Hollow"

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EMILY WATSON

The actress didn't know about "The Book Thief" until the script showed up.

HITTING THE BOOKS

Emily Watson hadn't read Markus Zusak's best-seller "The Book Thief," but as soon as she saw the screenplay, the actress knew she wanted a part in the film. "I saw the title and thought, 'Ooh, that looks interesting. I won't put it on the pile on my desk to read next week. I will read it right now,'" she recalls. "And I sat down on my sofa and read it and wept and called my agent and asked, 'Who do I talk to? What do I do to get involved?'"

In the film, Watson plays a grouchy mother, Rosa, living in Germany under Nazi rule. She and her slacker husband (Geoffrey Rush) adopt an orphan. Watson says going back to the book was a rewarding experience.

When you went back to the novel, what was different about your character?
In the book, they actually have children of their own who have grown up and left the house. They have a very complex and distant relationship with them. But for our purposes they made them childless, which was great, because I could use that as one of the things that Rosa was really angry and disappointed by in her life. When she finds herself with a child, she is ultimately fulfilling a very deep-seated desire.

She warms up over the film, but not much.
She doesn't change her essential nature. She doesn't find it possible to say to [her adopted child] "I love you." She can't express that. But her actions speak louder than her words. When the Jewish boy lands on her doorstep, she takes him in. That's not what you'd necessarily expect from her.

This is a time that not many Germans like to talk about. What kind of research did you do?
What was really great was we were filming in Berlin. Berlin is a very honest city. It wears its history on its sleeve. Everywhere you go there's a museum or a memorial. ... I wasn't sure what the etiquette would be. Can you just ask somebody, "Was your granddad a Nazi?" But after a while with some of the other actors we began asking them about their family. And they were very generous. One girl had grown up in East Berlin during the Stasi. She grew up believing her parents and grandparents had great integrity and were not Nazis and didn't betray people to the Stasi. She then found out that wasn't true. She was absolutely devastated by it.

This film is about a family who aren't Nazis but can't do anything about what's going on, beyond hiding Jews.
Even if you didn't buy into what was happening, you had to navigate a very grotesque path through it. If you expressed dissent you were targeted.

GETTY IMAGES

'Unconventional'

On starting out in film

You came from a theater background. But you had an unusual first film, the Lars Von Trier film "Breaking the Waves."
My first film was very unconventional in terms of the process. We did scenes over and over and over. He'd put a handheld camera in the middle of scenes and we just kept working. It felt like an endless rehearsal. It didn't feel like a structured filming process.

That must have made every film after a piece of cake?
[Laughs] Yeah, I suppose so.

How do you feel about the film now?
I feel very warm toward it, very emotional about it. My very dear friend Katrin Cartlidge, who died, is in it. It changed my life, really.

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The record set straight

Documentary. "After Tiller" reveals those performing late-term abortions aren't monsters.

Review

'After Tiller'

Directors: Martha Shane and Lana Wilson

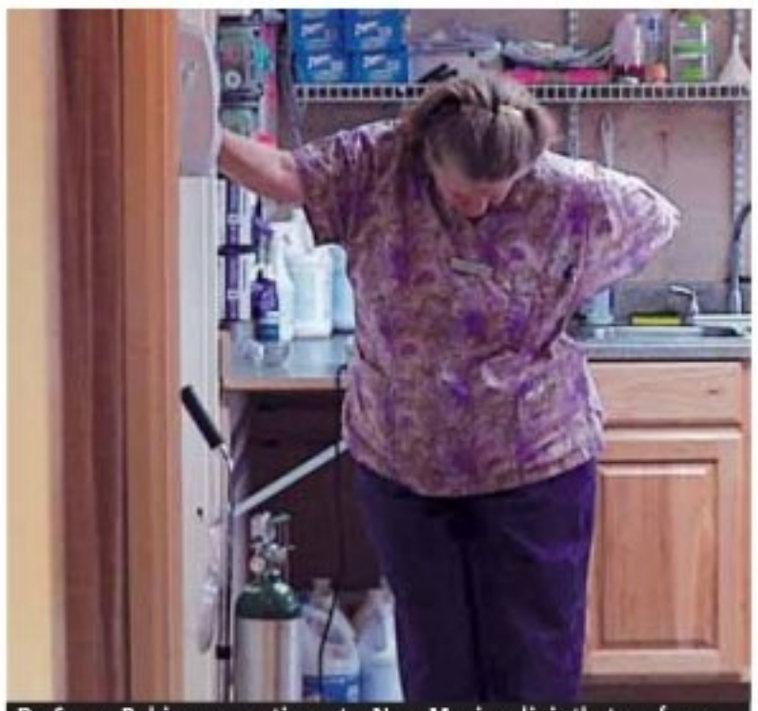
Genre: Documentary

Rating: PG-13

Films on abortion usually argue for one side over the other. "After Tiller" isn't like that. Concerning the few (read: four) facilities in the U.S. that still perform late-term abortions — particularly in the wake of the 2009 murder of George Tiller — it features occasional cutaways to protesters. But it does not engage them. It doesn't necessarily have to. The focus of the film is narrow: to set the record straight on late-term abortions and show that those who perform them aren't the unfathomable monsters their detractors make them out to be.

Adopting an approach that's part cinema verite, part casual polemic, "After Tiller" portrays the clinic staffers as unfailingly gentle, and brave in the face of insistent, sometimes violent, opposition. The controversial procedure, as the film shows it, isn't indifferent to human life; it's about saving it. Some who seek the operation often have found that the life of the baby will be in jeopardy. Others are simply unable or unprepared to care for children. No one takes it lightly.

As one employee points out, there are only a few options for parents seeking late-term abortions. "And they all suck," she says.



Dr. Susan Robinson practices at a New Mexico clinic that performs late-term abortions in "After Tiller." /OSCILLOSCOPE LABORATORIES

Directors Martha Shane and Lana Wilson mostly sit with the staffers. But "After Tiller" could stand to engage a bit with the anti-abortion side, if only because the film winds up with a certain flatness. It wants to show what late-term abortion is, why those who perform it do it, and that's it. It's not propaganda, but it is one-note. The time it spends on the doctors and staffers shows the even deeper, even more human film it only sporadically is.

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Docudrama. Daniel Radcliffe does his best Allen Ginsberg

Review

'Kill Your Darlings'

Director: John Krokidas

Stars: Daniel Radcliffe, Dane DeHaan

Rating: R

Daniel Radcliffe sheds his Harry Potter cloak, portraying Allen Ginsberg in this true-life story set in the early lives of the Beat Generation poets. After meeting a rebellious student (rising star Dane DeHaan), Ginsberg is unwittingly dragged into an act of murder that will play a part in shaping his life. For fans of the mid-century counterculture movement, "Kill Your Darlings" will be warmly welcomed but an undistinguished script deflates both the dark mythology and its promising cast's performances. **STEVE GOW**

Dane DeHaan and Daniel Radcliffe play the Beats in "Kill Your Darlings." / SONY PICTURE CLASSICS

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TV watch list

COMEDY

'How I Met Your Mother'

Leave it to "HIMYM" to make a flashback episode that's not entirely lame. "Breaking Bad" star Bryan Cranston returns tonight as Ted's ruthless boss. **8 P.M., CBS**

REALITY

'The Voice'

Out of a newly whittled-down dozen, eight are guys and the girl power is sorely lacking. And with the sole female country singer sent home last week, it looks like pop will reign this season. **8 P.M., NBC**

REALITY

'Dancing With the Stars'

The theme of tonight's episode? Threesomes. Oh yes, that's right. The five remaining couples each have to include another member. **8 P.M., ABC**

EMILY LAURENCE

Bryan Cranston guest-stars on tonight's episode of "How I Met Your Mother." / RICHARD CARTWRIGHT, FOX

'Thor: The Dark World' clobbers the competition

Box office. The superhero film takes in $86.1 million in its opening weekend.

Natalie Portman and Tom Hiddleston star with Chris Hemsworth in the new "Thor." / DISNEY, MARVEL

"Thor: The Dark World," the 3-D film starring Chris Hemsworth, trounced last week's top movies, bringing in $86. 1 million in ticket sales.

Raunchy comedy "Jackass Presents: Bad Grandpa" finished in second place with $11.3 million from Friday through Sunday, according to Hollywood.com.

"Free Birds," the 3-D movie featuring the voices of Owen Wilson and Woody Harrelson as turkeys who team up and travel back in time to get turkey off Thanksgiving dinner plates, earned the No. 3 slot with $11.2 million, just ahead of senior citizen buddy comedy "Last Vegas," which took in $11.1 million.

"Thor: The Dark World" also hauled in $94 million from international markets, where the movie began playing on Oct. 30, distributor Walt Disney Co. said. IMAX showings added another $11 million globally, and its combined global sales through Sunday reached $327 million.

The new "Thor" installment co-stars Natalie Portman as the love interest for Thor, the mighty God of Thunder who battles to save his homeland of Asgard from evil forces. Tom Hiddleston plays Thor's villainous brother Loki.

"Thor 2" fell a bit short of industry forecasts that it would kick off with up to $92 million at North American theaters. But the sequel opened stronger than the original movie, which debuted with $65.7 million in May 2011.

Thor also appeared in the 2012 smash-hit movie "The Avengers," which helped stoke interest in the character. **REUTERS**

Top 5 earners

1. **'Thor: The Dark World'** $86.1 million
2. **'Jackass Presents: Bad Grandpa'** $11.3 million
3. **'Free Birds'** 11.2 million
4. **'Last Vegas'** $11.1 million
5. **'Ender's Game'** $10.3 million

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Pressing the horror button

Theater. Director James J. Christy talks about manipulating an audience.

Jered McLenigan creeps onto the stage in "The Woman in Black." MARK GARVIN

With more than 10 Barrymore awards and a Theater Alliance Lifetime Achievement Award to boot, James J. Christy just might be Philadelphia's most successful theater director of the last 30 years. And, at 72, he's not scared to take on new challenges.

Christy is tackling the horror genre for the first time. Adapted from Susan Hill's novel by Stephen Mallatratt, "The Woman in Black" has been a crowd-pleaser on London's West End since 1987. Christy's version runs at Act II Playhouse through Nov. 24.

What have you learned about the horror genre from this experience?
I've been a little stymied with the use of music. I use very little of it in theater — and never to underscore tension. But music is so important to the genre. I had to adjust.

Does it feel cheap to use music that way?
Instead of "cheap," can we say "manipulative?" Yes, that's how it feels to me. But I'm just learning about the form. It's so interesting! Last night there was a moment when the audience gasped. But they collectively giggled directly after the gasp. Is that bad or good?

Why do we love to be scared? Why is the horror genre so much fun?
It's not much different than people wanting to see comedies or tragedies. It's just a different emotional button they want to have tickled. I think genres provide a kind of safety for us: You know what the rules are. You're going to get scared, but the rules of the genre will keep you safe.

Q&A

What are the elements of a good ghost story?

I'm in the midst of figuring that out. I think it comes down to the right balance of credibility and surprise. It needs to feel like it could really happen, but we need to be totally surprised.

BRUCE WALSH
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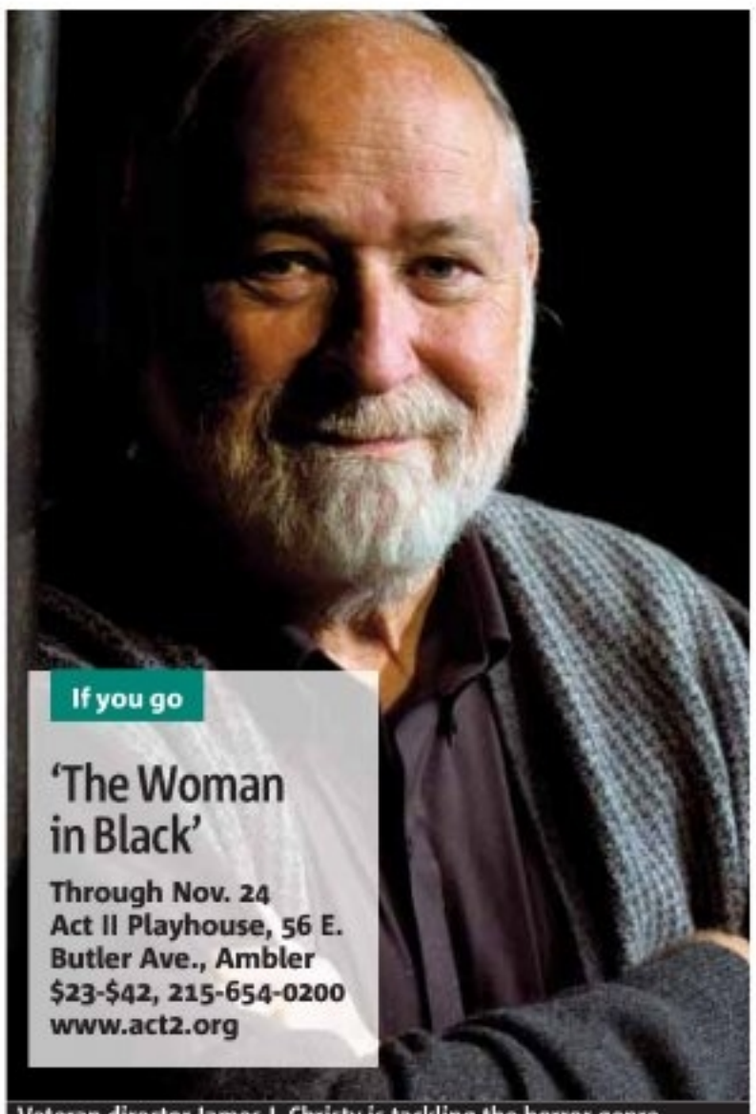

If you go

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Veteran director James J. Christy is tackling the horror genre for the first time. / BILL D'AGOSTINO

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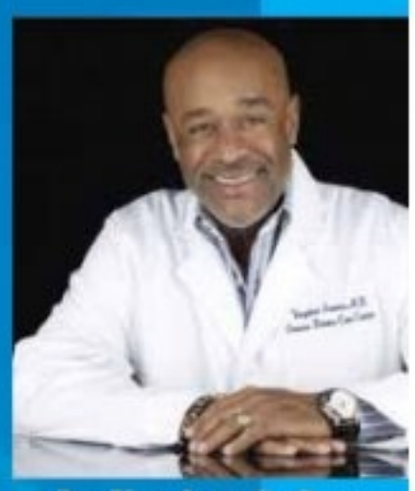
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Come fly the funny skies with Pam Ann

Cockpit. Comedian Caroline Reid goes up against the airline industry.

Pam Ann's take on the airline industry has universal appeal.

"It kind of astounds me that the humor translates," says Australian comedian Caroline Reid about her airline stewardess alter ego. "But everyone travels and everyone understands what their crews are like, what their airline is like. I guess it's a global subject."

And that includes Philadelphia audiences — you can fly away with Pam Ann and relish in the stereotypes and mishaps of the blue horizon Nov. 14 at the Trocadero.

Reid addresses a broad audience by having a take on just about every airline in the world.

"The brand Virgin is all about sex," says Reid, who lives in New York. "Virgin has a bar on board and the girls wear red and they have patent shoes and blond hair, fake [breasts]. They get their teeth done in Johannesburg and their [breasts] done in Los Angeles."

The campy and risque Pam Ann character was born at a costume party, Reid says, and developed through frequent flier miles.

Reid says, "I developed the character through art imitating life. I became more knowledgeable about the airline industry — I'm like the Wikipedia of the airline industry."

Reid's Pam Ann has performed for Elton John, toured with Cher and was hired by British Airways for promo work. The Brits wanted Reid to tone down her act — she puts on a horse head when she's depicting a British Airways hostess.

"That doesn't come with a contract of me working with you," says Reid of her reply to British Airways. "I still have to perform and be honest with my comedy or else it's not funny. Unless you change your look, then I can't do anything about it."

CHRIS JORDAN
letters@metro.us

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"I still have to perform and be honest with my comedy or else it's not funny. Unless you change your look, then I can't do anything about it." Reid, on poking fun at flight attendants

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Sculpt a body like Thor

Workout. As Chris Hemsworth reprises his role as the God of Thunder in "Thor: The Dark World," we speak to his personal trainer, Michael Knight, about how he stays fit and strong — even when he's not waving that hammer.

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training Chris Hemsworth on and off for years. Yup, even the star of the new "Thor: The Dark World" has a hard time maintaining that god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight. Hemsworth lost 30 pounds to play a Formula 1 driver in "Rush," and then had to put it right back on in time for "Thor." "So I always try and simulate the same workout in order to maintain his body shape in the long-term."

The "maintenance workout" — designed by Knight just for Hemsworth — revolves around three 20-minute sessions, which the star does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight says of his regime, which he adds "starts off slow and finishes with a fury."

"On some days, you're going into the time-under-tension method, which is where you're using really heavy weights to tire your core, and kettlebells. On other days, you might be doing double kettlebells, or working with a heavy tire, and finishing with a cardio blast. Whatever you do, each 20-minute session will leave you pretty shot."

The Chris Hemsworth workout

If, like Hemsworth, you're already in shape, then this workout will keep you strong. And it's all about big lifts. "The idea is that you continually rotate body parts: One day you work your chest, the next day your back, then your shoulders, and then you go back to your chest and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight. You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

Unless you're auditioning for "Thor 3," you don't need to train exactly like Hemsworth. But this abbreviated version should still do the trick. Here's an overview of what your week will entail:

Underneath that armor is a body of steel. / WALT DISNEY

Monday: Chest day

Today is a big barbell day. Your body is going to be torched.
Highlights: Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday: Back day

You're going to be a little sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.
Highlights: An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday: Off

Thursday: Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.
Highlights: An active warm-up of dead lifts and strong-man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday: Chest day

You're doing dumbbells today.
Highlights: Inclined dumbbell presses with squats, followed by push-up circuits and kettlebell lifts.

Saturday: Back day

This is a "show me what you've got left" day.
Highlights: Unweighted pull-ups, dead lifts and a metabolic cardio circuit, followed by jump ropes.

Sunday: Off

ROMINA McGUINNESS
romina.mcguinness@metro.lu

PLUS

What's on Thor's plate?

When it comes to food, you need structure. Knight suggests keeping your diet clean by sticking to complex carbs, lean protein and healthy fats. "Eat for fuel, not for enjoyment. But enjoy what you eat," he says. Knight recommends:

Protein:

Chicken, fish, plant-based protein powder, whole eggs, turkey, cottage cheese

Carbs:

Oatmeal, green vegetables, brown rice, sweet potatoes and very little fruit (Although Metro is hesitant to recommend cutting fruit from your diet, Knight insists on it for this plan.)

Fats:

Grass-fed butter, coconut oil, avocado

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Dr. Lee Skallerup Bessette has been teaching at colleges for almost 15 years, in three different states, two countries and two languages. She has seen it all and heard it all, and probably invented a couple when she was a student herself. You can follow her on Twitter, @readywriting, and check out her blog, College Ready Writing, where she talks about the broader issues and challenges facing higher education today. Send your questions to collegereadywriting@gmail.com.

MISSING OUT WHILE MAKING THE GRADE

During your semester, you will miss a class or two — hopefully not more. The way you deal with missing your classes will speak to your character as a student, as well as affect your final grade in many cases, either directly or indirectly. Here is my advice to make sure those days you just can't make it don't result in not making the grade.

OK, you slept through class. Now what? Make sure you don't make anything worse by pestering your professor. / GETTY IMAGES

1 Read the syllabus. Remember that document that your professor went over the first day of class while you were only half-listening? Yep. That's where you'll find the professor's policy on missed classes, as well as how it may affect your grade. The syllabus will also have an outline of what was covered during the class that you missed, so check it when your alarm didn't go off or you had that trusty case of "food poisoning."

2 Secure proper documentation. Often, your reason for missing class will be legitimate, but be sure you can provide the paperwork to back it up. Your professors have seen it before: After a suspicious number of grandparents "die" around the time major assignments are due, they know to require evidence of your reasons for missing class. This can be anything from an official notice from the university to a police report or insurance claim for that fender bender.

3 Ask around. After dutifully checking the syllabus, move on to checking whatever learning management system your professor and school use, like Blackboard, Canvas or Moodle. Often, professors will post the homework or class notes there, to be accessed by the whole class. Next, talk to classmates to get the notes or discuss what was covered. Only after doing your best to get caught up should you contact the professor with specific questions regarding what you missed.

When following up with your professor:

1 Don't ask, "Did I miss anything important?" The short answer is that of course you missed something important. It may not seem like it, but a typical 15-week, three-hours-per-week course is not a lot of time, and professors design their courses to maximize the learning that can take place. Classes aren't a serialized television series or a sports game where there are lulls in the narrative or action; each class meeting has clear outcomes and goals.

2 Don't ask, "Could you tell me everything that I missed?" You missed the class, therefore it is your responsibility to do everything in your power to find out what was covered before asking the professor. An email requesting a professor re-hash the class for you won't help.

3 Don't ask, "Is it OK if I miss class for [reason]?" Sometimes you know in advance that you'll need to miss class — that happens. Asking to be absent if you're already going to miss class anyway won't endear you to any professor because it doesn't matter whether he or she says no. If you have a legitimate excuse, then it doesn't matter what the professor says. If you do not have a legitimate excuse, there's no need to bother asking permission.

4 Don't overshare. There is no need for a blow-by-blow account of your gallbladder surgery or the intimate details of the family dynamics that will keep you out of class. State your reasons simply and keep it on a need-to-know basis.

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Study notes: Red lunch, green lunch

In brief. News and studies from a campus near you.

Diners who play a game of "red sandwich, green sandwich" may opt for the more nutritional choice, a new study shows. / MASS. GENERAL HOSPITAL

Traffic light food labels promote healthier eating

According to a new study conducted by the Harvard-affiliated Massachusetts General Hospital cafeteria, food choices could become easier to make thanks to color-coded labels inspired by traffic lights.

Foods were simply labeled with red, yellow or green stickers to reflect their nutritional quality. Cash registers in the cafeteria were programmed to record the color-coded purchased items, and customer surveys taken before and after the experiment showed the stickers were associated with making healthier choices.

Dr. Lillian M. Sonnenberg of MGH Food and Nutrition Service and corresponding author of the report says, "The traffic light system is simpler and does not require any literacy or numeracy skills to understand."

And it's healthier. She adds, "Our findings suggest that the traffic light labels prompted people to consider their nutrition at the time they were making a purchase, and this was associated with healthier purchases for customers who noticed the labels."

There's also cool equipment that would be too pricey otherwise, like 3-D printers, Lantz says.

VICKI SALEMI
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Fordham Law

Middle schools learn privacy

Fordham Law School's Center for Law and Information Policy has released curriculum for the first time for privacy education. It partners law student volunteers around the country to enlighten middle schoolers.

Joel R. Reidenberg, Fordham Law professor and founding director of CLIP, explains the necessity: "Teenagers are widely sharing personal information online and need to know how to practice safe computing. We think it is essential for teens to learn how online activity affects their privacy," he says.

NYU launches media and games facility

Got games? New York University sure does. This semester its multischool facility in Brooklyn (all 40,000 feet of it) encompasses offices, studios, labs and common research areas for MAGNET, its media and games facility, uniting faculty from engineering, computer science, game design and learning sciences. Frank Lantz, director of the NYU game center, points out: "The goal is to create a huge space where departments doing related work can find opportunities to collaborate."

The facility represents growth across departments, says digital media professor Jan L. Plass: "Steinhardt [School of Culture, Education, and Human Development] admitted its first group of students into the new M.S. in Games for Learning and doubled its enrollments in their M.A. program in Digital Media Design for Learning," she says, naming other programs as well. Lantz adds, "The whole idea is, 'Let's set aside the institutional boundaries of departments and see what happens when we use physical space to encourage overlap.'"

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Sharpening No. 2 pencils in China

Testing. Across China, U.S. colleges are the brass ring.

For Chinese families who can afford it, the U.S. is a big draw.
GETTY IMAGES, COMSTOCK IMAGES

Chinese students form the largest overseas group at U.S. universities and their numbers are rising, as families spend a fortune in the quest for an American education to pry open the door to career and social success.

For some parents, overseas education is a way to avoid China's fiercely competitive national college entrance exam, known as the "gaokao," which is taken by millions of teens who see it as a make-or-break way to get ahead.

The stress to get into college in China is severe, but job prospects are tight for hordes of graduates and also cause anxiety as the world's second-largest economy slows.

Nearly 7 million Chinese graduated from college this year — a new record, up 190,000 from last year. This has stepped up employment pressure, education authorities say.

To pursue his dream of going to a U.S. university, Li Shiyuan, 17, quit high school in May. His parents gave him three options: stay in his home province of Shandong to face competitive college entrance exams, move to Tianjin — which has one of China's highest acceptance rates for key universities — or study abroad.

He began in Beijing, by attending three courses to train for tests required by U.S. colleges, including the SAT and the TOEFL English-language test.

"It's much better than in high school, where teachers put too much pressure on us," Li says.

His training for the exams has cost 100,000 yuan ($16,400), almost five times the annual disposable income of the average Chinese city dweller.

"As long as the family can afford it, I would like my child to go abroad for university to learn some real stuff," says lawyer Li Xuezong, who accompanied his son to Hong Kong.

Nearly 200,000 Chinese students were at U.S. universities in the 2011-2012 academic year, almost double the number from India, the second-largest group of overseas students, the U.S.-based Institute of International Education says.

While most Chinese study at graduate level, the numbers from 2011-2012 show a surge of nearly a third in undergraduates from China. REUTERS

By the numbers

7M

Chinese students who graduated from college this past year

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IF THE JOB FITS, PITCH IT

Recently I've heard a few women talk about how they pitched their current jobs. As a typically rule-bound female, this came as a surprise. Pitch a job? It would never have occurred to me. Still, knowledge is power. Perhaps it's not too late.

Jessica Bennett is a journalist in her early 30s. She lost her last job earlier this year, but she was luckier than most: She got a call from the patron saint of women in the workplace, Sheryl Sandberg. She soon found herself interviewing at Sandberg's Lean In Foundation.

"I knew they had education and PR needs," says Bennett. "Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo," explaining how she thought LeanIn.org could tap into its community. Lean In invented a position for her.

Conjuring up the job you want is far more common than some of us may think, but according to Allison Hemming, CEO of placement agency The Hired Guns, you have to be judicious. When you go for an interview, you can't forget you're auditioning for a particular spot. "You have to know what the company's pain points are." So don't start by enumerating all the extra things you can do (or would rather do); gain the trust of the interviewer first. Listening to and questioning your interviewer, according to Hemming, "is the most under-utilized skill set when it comes to job hunting."

"Companies are hiring for the first time in several years," she says. "They want a lot of things." Meaning, you have a good chance of getting what you want, if you go about it right.

Hemming says it's key to address "fixing the core things" the company needs. "But while you're in the interview, look for cues and signals: laughing, smiling, nodding. It's just like a date — you know when it's going well." When those signals are in place, you have a chance to say that you've been thinking about the business, and there are some additional things you'd like to explore.

She has one more tip for anyone itching to move. "Think about companies you love that drive you crazy, and how you'd fix them." Write those things down and think about them — a lot. It's a question, she says, of convincing the interviewer that by doing something slightly different than advertised, "you can get them there faster."

It's more common than you may think to create your own job title, so don't be afraid to put yourself out there. / ERWIN WODICKA

Quoted

"I knew they had education and PR needs. Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo." Bennett, on landing a job with Lean In

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Changes at home will inspire you to take on a new project. You may have to work on your presentation skills.

♐ Sagittarius | Nov. 22-Dec. 21. Outsiders won't see things the same way you do. Stick close to home and make changes that will improve your life.

♑ Capricorn | Dec. 22-Jan 20. Put your money on the line. Indulge in a venture that could change the way you live and the people you associate with. Reach for the stars.

♒ Aquarius | Jan. 21-Feb 18. Learn from your mistakes. New avenues or ideas now may not pay off immediately, but given time you will find a way to make them do so.

♓ Pisces | Feb. 19-March 20. Call up friends or make arrangements that favor love, romance or family fun. Entertaining your peers will boost your professional and financial status.

♈ Aries | March 21-April 20. Buckle down and make every move count. Watch out for pitfalls or traps that might land you in trouble.

♉ Taurus | April 21-May 21. Indulge in activities that allow you to show off. Romance is on the rise, and specials plans will meet with a warm reception.

♊ Gemini | May 22-June 20. Make your daily round carefully. Expect someone to lead you astray or put blame on you. Protect your position.

♋ Cancer | June 21-July 22. Enjoy getting out and taking part in activities and events that allow you to use your skills and display your talents. Networking will lead to an unusual proposal.

♌ Leo | July 23-Aug. 22. Keep your answers concise and your questions direct. Dealing with home improvements can be costly. Cut your losses.

♍ Virgo | Aug. 23-Sept. 22. A problem can be cleared up with honest and free-wheeling communication. Love is in the stars, as well as a positive change.

♎ Libra | Sept. 23-Oct. 22. Complete whatever job you've been given without complaint. If you are feeling restless, alleviate impulsivity by staying active. BERNICE BEDE OSOL

Sudoku: Easy and hard

						5		
1	6		4			7		
	5		2		9	3		
		6	1				3	
9	3		8		5		2	7
	8				6	1		
		2	9		3		8	
		7			1		6	3
		5						

	1			6	9		5	
		8	7				9	
7			8	2				1
6		3	1					9
1					7	5		4
8				9	6			3
	3				1	9		
	6		2	7			1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Unhappy with civic service? Volunteer

Re: 'Civic duty is a pain in the neck' (Metro Nov. 7) Letter writer Christina Louis' complaints about poor service and old workers at her polling place speaks more to her sense of entitlement and perhaps her generation's reputation as complainers. Not to pat myself on the back, but when I was in my 30s I took vacation days from my job to serve in my polling place twice a year (at about $25 for a 14-hour day). Hey, here's an idea! Instead of taking time to letter-whine about bad service, you should volunteer and make it better!

F. MICHAEL ANGELO, VIA EMAIL

There's no place for racism and hazing in team sports

Hey guys, if "hazing is part of the game," somebody needs to run interference and change the rules. Racism is not acceptable. It is no joke and should have no place in any space. Team members should support each other, not assault each other with mean-spirited words and deeds. We often hear that there's no "I" in team. Insults, intimidation and ignorance need to be rooted out. More people need to step up and speak up. Jonathan Martin, you're brilliant, talented and very cool. All the best to you. Thank you for bringing this issue to the surface.

CAROLYN HOPPER, VIA EMAIL

Via email

"Loving this 'Temp' series."
Robin Wagner
Re: "Metro Exclusive: Douglas Coupland's "Temp"" (Metro, throughout November)

letters@metro.us

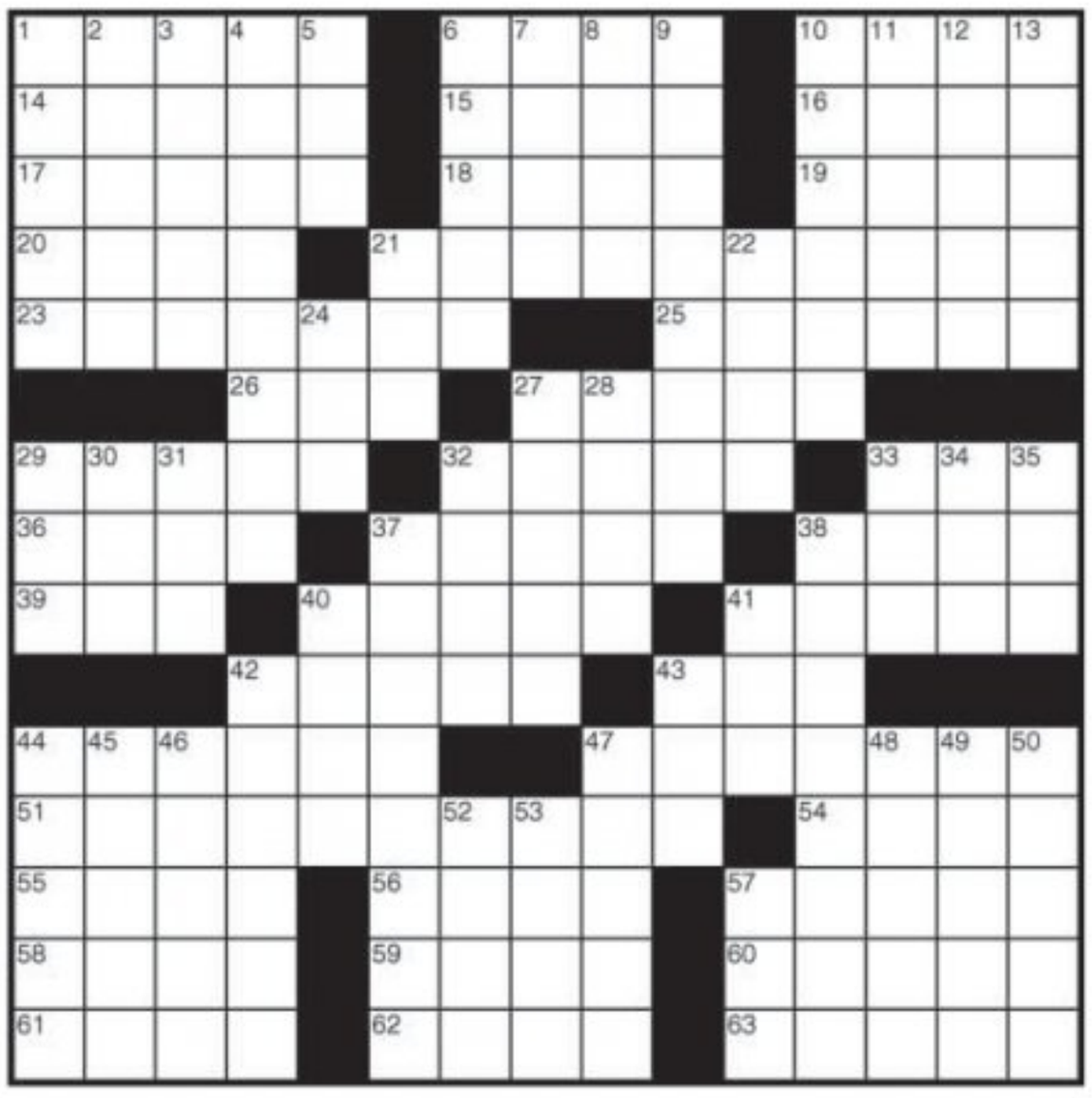
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 It might be down
6 Alan or Cheryl
10 Shellfish
14 "En garde" weapons
15 Happily — after
16 Rolling stone
17 Escapade
18 Oater backdrop
19 They're easily bruised
20 Ilk
21 Loud
23 Pancreas product
25 Dependable
26 Paramedic's skill
27 Tackle K2
29 Kith and kin
32 Hippodrome
33 Autumn mo.
36 Not defy
37 Preferring charges
38 Very willing
39 Eighteen-wheeler
40 Knight's mount
41 Stews over
42 Heavy hammers
43 Rightful
44 Marshal's badge
47 Fundraiser
51 Chili ingredient (2 wds.)
54 Rake tooth
55 Earthen pot
56 Kappa preceder
57 Broadcast again
58 Sir — Guinness
59 Reminder
60 Peace goddess
61 Orpheus played it
62 Degree holder
63 Height, to a cager

Down
1 Soft drink brand
2 Barbecue garb
3 Nurtures
4 Bluegrass State
5 Get nosy
6 Slot-machine fruit
7 With, to Maurice
8 Hubby of Lucy
9 Inducting
10 Amoretto
11 Trademarks
12 More or less
13 Like fallen logs
21 Caesar's man
22 Humorist— Bombeck
24 DJ's platters
27 Reacts to onions
28 Grant a mortgage
29 Gift-tag word
30 Sapporo sash
31 Table part
32 Ayla's creator Jean—
33 Pamplona shout
34 Surefooted pet
35 NFL events
37 Cramming
38 Hand shakers
40 Discount event
41 Good times
42 Threaten
43 Fox's abode
44 Norwegian toast
45 Rolling, in a way
46 Lazy one
47 Bleated
48 Arouses enthusiasm
49 Foolish plus
50 Doctrine
52 Rude dude
53 Sundance Kid's wife
57 Narrow inlet

Weekend's answer



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Third railed: Tolzien, Packers run off field

NFL. With Seneca Wallace injured, Green Bay turns to their third-string QB in loss to Eagles.

The Eagles entered Sunday's game knowing they wouldn't face former NFL MVP Aaron Rodgers.

Philadelphia had no idea it would be facing third-stringer Scott Tolzien for the lion's share of the game.

Nonetheless, Sunday's contest ended with predictable results — an easy, 27-13 victory at Lambeau Field for the Eagles.

We look at what went right for the Eagles as they improved to 5-5 on the season:

1 Nick of time
Philadelphia quarterback Nick Foles was on his game again. There was no record-setting performance like last week, but head coach Chip Kelly will take an error-free game. Foles finished with three touchdowns on 12-of-18 passing for 228 yards. Foles now has 14 scores and zero interceptions this season — the third-most TDs before an interception to start a season.

2 McCoy's back
After three straight games without cracking 100 yards, LeSean McCoy was back in a big way against the Packers. He had 25 carries for 155 yards. It's no accident that those were the most carries since his last time cracking the century mark, against Tampa Bay. It's not a bad thing he only had one reception — showing he wasn't needed in checkdowns.

3 Ryans' team
DeMeco Ryans talked during the week about not caring if he was facing Rodgers or a backup QB, saying he would be ready regardless. He backed it up on the field with 11 solo tackles, two tackles for loss, one pass breakup and an interception. He actually dropped a shot at an interception in the first half as well. Ryans is unquestionably the leader of the defense and a strong performance out of him can carry that side of the ball.

MARK OSBORNE
mark.osborne@metro.us

Riley Cooper, right, celebrates his 32-yard touchdown catch in the third quarter. It was his second touchdown of the game — and quarter. / GETTY IMAGES

What went wrong ...

1 Lucky breaks
Sure, Nick Foles has yet to throw an interception this season. But it was almost in spite of himself Sunday. On DeSean Jackson's 55-yard touchdown in the first quarter two defensive backs crashed into each and tipped the ball to Jackson. Foles got a lucky bounce on his 45-yarder to Riley Cooper also.

2 No pressure
For a quarterback making his first career start, Scott Tolzien sure didn't face much pressure. Some of that was Packers coach Mike McCarthy's game plan of quick, short passes. Regardless, you'd like to see the team get more than one sack against an immobile passer throwing the ball 39 times.

3 Wide left
When the game was still a game, Alex Henery didn't instill much confidence with a missed 39-yard field goal. Brandon Boykin came up with a huge pick in the end zone and returned it past midfield, only to see the team stall and get no points. Henery is just 14-of-18 on the season and 1-of-5 from over 40 yards.

3 SPORTS

Watch online

Find video and recap of yesterday's Eagles-Packers game at: **Metro.us/sports.**

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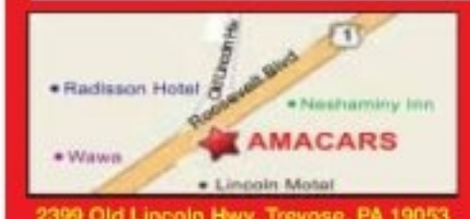

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Peters leads list of injured Eagles

NFL. The Eagles' left tackle went down with a leg injury in the win.

The Eagles come out of Sunday's game against the Packers with an easy win, but also some critical injuries.

Left tackle Jason Peters entered the game with a shoulder injury, left the field in the first quarter for a head injury and eventually was ruled out of the game with a quad injury. Allen Barbre replaced him.

"We can run our offense when Allen's in there," head coach Chip Kelly said. "We have a lot of confidence."

MARK OSBORNE
mark.osborne@metro.us

Chip Kelly did not have an update on Peters after the game, but said his condition would be updated during the week. / GETTY IMAGES

Other injuries

The Eagles also lost two other starters.

- Linebacker Mychal Kendricks was replaced by Najee Goode after suffering a knee injury.
- Safety Earl Wolff also had a knee injury in the first quarter. He was replaced by Patrick Chung.

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Around the NFL

- **Rams 38, Colts 8**
Few saw this one coming. St. Louis rookie Tavon Austin lit up Indy as he returned a punt 98 yards for a touchdown, and caught a pair of long touchdown passes from Kellen Clemens in the blowout victory. St. Louis, which owned a 28-0 lead at halftime, improved to 4-6 on the year.

- **Seahawks 33, Falcons 10**
The Seahawks played a near-perfect game Sunday and the struggling Falcons couldn't keep pace as Atlanta was out of it by the half. Russell Wilson tossed for 287 yards and a pair of touchdowns with Golden Tate hauling in 106 of those yards. Marshawn Lynch rumbled for 145 yards and a touchdown on the ground for the 9-1 Seahawks.

- **Lions 21, Bears 19**
Calvin Johnson continued his otherworldly play for the Lions, highlighted Sunday by a 14-yard touchdown reception with 2:22 in the fourth quarter that propelled Detroit over Chicago at Soldier Field.

Zac Stacy and the Rams scored the upset of the day Sunday, going into Indy and pounding the Colts. / GETTY IMAGES

- **Jaguars 29, Titans 27**
The Jaguars will avoid having a perfectly bad season in 2013 as they earned their first win of the season Sunday. Maurice Jones-Drew and Jordan Todman each had touchdown runs for the 1-8 Jags. Jacksonville held Titans running back Chris Johnson to just 30 yards on the ground on 12 carries.

- **Giants 24, Raiders 20**
The Giants continued to give their fans reason to believe an unheard-of second half playoff push is possible as they improved to 3-6 on the season. Terrell Thomas' interception and Andre Brown's 115 yards rushing led the way for New York.

- **Ravens 20, Bengals 17**
The Ravens nearly choked away a victory Sunday, allowing Cincy to force overtime as James Ihedigbo tipped a Bengals Hail Mary pass perfectly into the arms of AJ Green at the end of regulation. But Baltimore showed some championship grit, getting kicker Justin Tucker in position to kick a game-winning 46-yard field goal.

- **Steelers 23, Bills 10**
Ben Roethlisberger deflected rumors that he wants to be traded Sunday, right after he passed for 204 yards and a touchdown in a Pittsburgh victory. Le'Veon Bell rushed for 57 yards on 22 carries for the 3-6 Steelers.

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CARFAX VEHICLE HISTORY REPORTS

Iguodala fits in with Warriors

NBA. The former Sixers forward visited Philly last week, but he's enjoying his time with Golden State.

Andre Iguodala, right, said he still texts with former teammate Evan Turner regularly, and the two traded jabs leading up to the game. / GETTY IMAGES

Andre Iguodala downplayed his second return to Philadelphia. His actions on the court said otherwise.

Though Iguodala made his initial return last season with the Nuggets, it was obvious how much he wanted to crush the Sixers.

Iguodala's new team, the Golden State Warriors, came to the Wells Fargo Center last week and ran over the Sixers with Iguodala leading the way. He scored 32 points, two off his career high, and drained a career-best seven 3-pointers, leading the high-flying Warriors to the victory.

"It's no secret: You want to kill them," Warriors coach Mark Jackson said. "You say all the right things beforehand, just in case it doesn't work out, but your mind-set is to make a statement."

That he did.

Iguodala was booed in pregame warm-ups, during the announcement of the starting five and throughout the night.

Though Iguodala was highly successful and played eight seasons with the Sixers, he remains one of the most polarizing players in franchise history. Iguodala never quite lived up to the fans' expectations and his one All-Star Game appearance, and brief success in the playoffs was never enough to capture the heart of this passionate fan base.

"I'm glad he's on our side," said Warriors forward David Lee. "He brings everything to the table — scoring, rebounding, passing. He does it all, and he does it all well. He's been the perfect addition and we're lucky to have him."

No one ever questioned Iguodala's talent. It was always evident.

During one sequence against the Sixers, Iguodala fired a scintillating behind-the-back pass to Lee for a layup. Naturally, the fans booed.

"Stuff like that, when I was here, that was just natural to me," Iguodala said. "Coach does a really good job of letting guys do what they do. That's kind of second nature to me."

Iguodala is thinking about the postseason.

"This is my 10th season and it's hard to win a championship," Iguodala said. "I'm just excited to be here with the Warriors and I'll do anything I can to help the franchise."

ANDY JASNER
sports@metro.us

By the numbers

15.1

Iguodala is averaging 15.1 points per game through the first seven games of the season — his highest total since 2009-10.

60.3

A big reason for that point total is because he is shooting 60.3 percent from the field. He has never shot over 50 percent in a season.

9.7

With Stephen Curry, Klay Thompson and David Lee on his team, Iguodala is also attempting a 9.7 shots per game — fewest since his second season.

$48M

Iguodala signed with the Warriors for four years and $48 million on July 10. They gave up Andris Biedrins and two first-round picks in the sign-and-trade.

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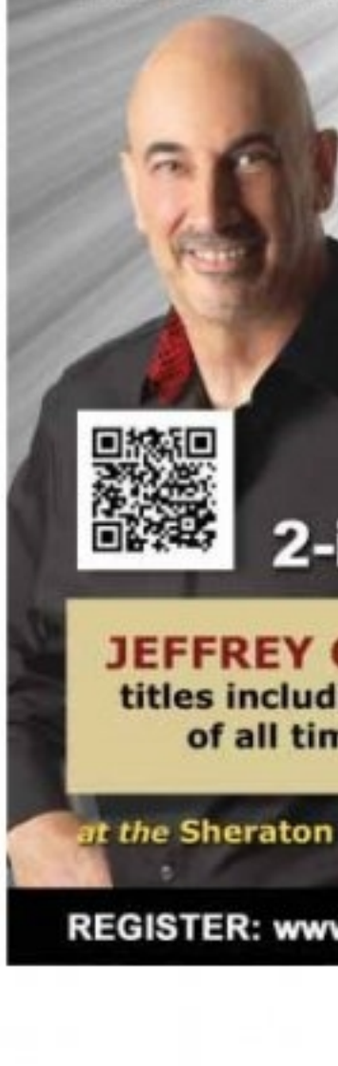

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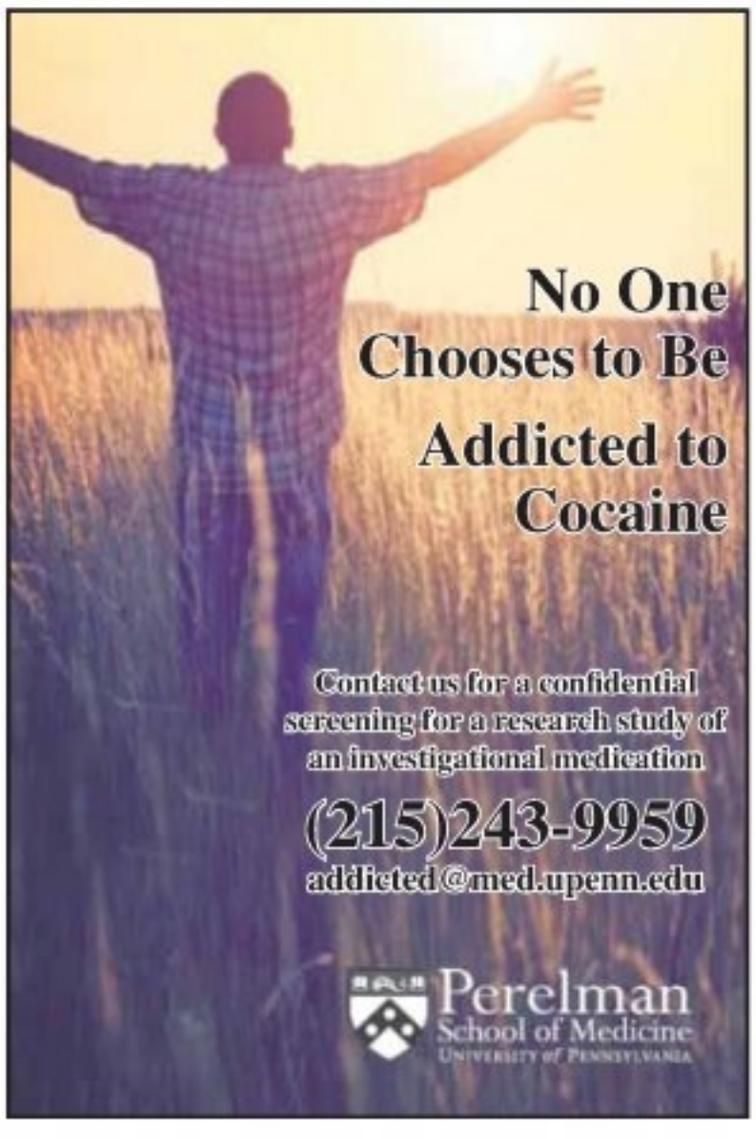
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The Court has fixed courtdate, Dec. 13, 2013 at 1:30 P.M. in Room No. 478, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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